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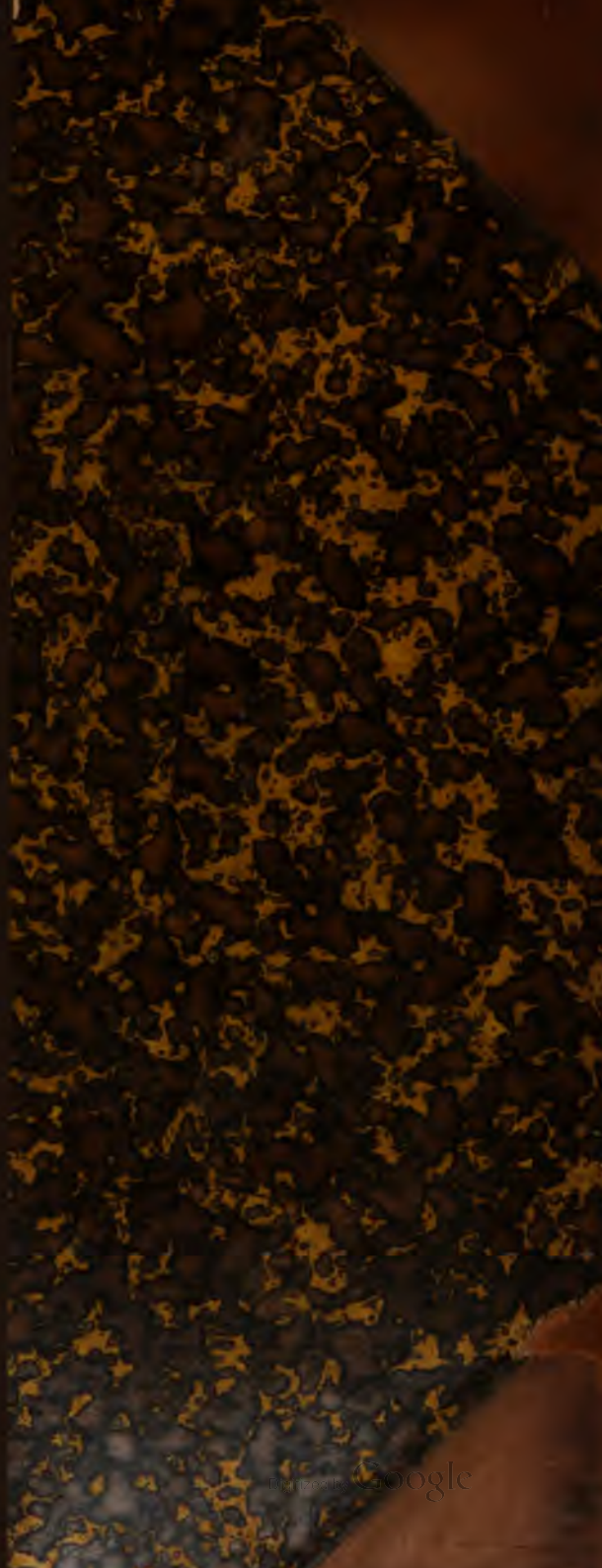
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A voluminous writer of sermons and
pamphlets. (Cf. Brit.Mus.Cat.)

f2¹³

Francis Chase

TOBACCO:

ITS INFLUENCES, PHYSICAL, MORAL, AND
RELIGIOUS.

A LECTURE

DELIVERED AT THE ATHENÆUM, CARLISLE, ON THURSDAY EVENING,
OCTOBER 27TH, 1859.

BY
THE DEAN OF CARLISLE.

SECOND EDITION.

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From the Potter

CARLISLE :

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TOBACCO, &c.

"Ignoble theme ! trivial, vulgar,—unworthy the attention of men of science, and altogether beneath the notice of a grave divine ! Why turn aside from your proper work ? Why descend from the pulpit to the lecture room—from the high and holy subjects more especially entrusted to you—to discuss such a topic as this ?"

Such objections can arise only from those who have not looked into the question, and are consequently wholly ignorant of its importance. There is no page in the common-place book of social science in which a larger number of our fellow creatures are interested, none which more directly and urgently affects their temporal and eternal interests ; and few, if any, whose references extend over so vast a surface of the habitable globe. I speak, indeed, of a small plant in the vegetable world, not much more stately than a cabbage or a cauliflower, yet in some form or other its mystic influence is felt over a fourth part of the human race !

"The moral influence of tobacco is not a light matter," says one of its most vehement advocates. "That principle within it which imparts electric action to the brain, and therefore to the whole system by the nerves, must necessarily be a moral agent for good or evil."*

On this ground I take my stand. Had no moral evils been traceable to the immoderate use of this powerful weed I might have left the discussion of its properties to the chemist, the physician, or the natural philosopher ; but inasmuch as every person who is in the least degree acquainted with the subject knows that it does, and must exercise a powerful influence over the moral man through his nervous system and by the brain, I conceive that this is a matter of debate which not only lies within the proper province of the divine, but loudly demands his serious attention. If tobacco be a moral agent, its use must either impede or promote

* Steinmetz on Tobacco, p. 158.

our direct religious labours—it must be our handmaid, assisting us in our spiritual and pastoral duties, or it must be a hinderance. Its real character is the point at issue. Let us first briefly trace the history of the introduction of this herb into common use—let us next hear competent witnesses on the subject—and then we shall be prepared to consider the conclusions at which we should arrive.

TOBACCO was unknown in Europe until Columbus, in 1492, first beheld, in Cuba, the custom of smoking cigars. Some years after a Spanish Monk discovered the plant in a province of St. Domingo, called Tabacca, which, according to some, appears the most probable origin of the name. It was not until 1559 that Hernandez De Toledo introduced it into Spain and Portugal. Its progress was not rapid. In 1560 Jean Nicot, French Ambassador at the Court of Portugal, reported to his Sovereign that scarcely anything was known about this “foreign vegetable.” Sir Walter Raleigh does not seem to have used the pipe until after the return of Sir Francis Drake, in 1586, so that nearly one hundred years elapsed from the period of its first discovery before the custom took any hold upon the English people.*

To the American savage we undoubtedly owe this strange custom; and it is a fact almost without parallel in history, that civilized and cultivated nations borrowed a habit which they found prevalent among barbarians, and adopted it to such an extent as this practice has prevailed. When it had once laid hold of the people of this country, a fashion and rage for it sprung up and spread itself, extending in all ranks and classes, and threatened to become almost universal. It is probable that the violent opposition, and even actual persecution which arose at the same time tended greatly to further its progress. KING JAMES I. had a perfect horror of it, and said and wrote many unwise things about it. He complained that “some of the gentry bestow £300 or £400 per annum on this precious stinke:”—a sum, according to the value of money at that time, far larger than any person in the present day expends on “the weed.” In 1624, the Pope excommunicated anyone who took snuff in church; ten years after this, “smoking tobacco was forbidden in Russia, under the pain of having the nose cut off.”† In many Continental States, pains and penalties were inflicted on smokers. The French statesmen were wiser—they contented themselves with laying such a tax on tobacco as brought into the royal

* Lizars, p. 9.

† Steinmetz, pp. 13–15.

coffers enormous sums. How it was that the custom of smoking tobacco fell into comparative desuetude during the latter part of the seventeenth century, and still more so in the eighteenth, does not appear from any information I can obtain. Certain it is that at the opening of the present century the custom was almost confined to soldiers and sailors, and the working classes. As forming a striking contrast with the present revival of this custom, I may state that I took my degree at Cambridge in 1820, I had rather a large acquaintance of men of my own standing, and I certainly do not recollect that I knew of one who smoked! If it was practised, it must have been in private—as a fashion, or custom among the young men, it did not exist. Neither does it appear certain how the present rage for it was excited. It seems more than probable that the British armies employed on the Continent had acquired the habit, and that when they were disbanded and dispersed all over the land, they propagated the custom, which now prevails to a degree perfectly surprising.

Few persons who have not studied the subject have any adequate conception of the amount of time and money spent in this indulgence, as well in this country as on the Continent. In 1856, thirty-three millions of pounds of tobacco were consumed here at an expense of eight millions of money; five millions two hundred and twenty thousand pounds of which went in duty to Government. To say nothing of vast quantities smuggled into the country. There is a steady increase upon this consumption, far exceeding the contemporaneous increase of population. In 1821 the average was 11·70 oz. per head per annum; in 1851 it had risen to 16·36; and in 1853 to 19 oz., or at least at the rate of one-fourth increase in ten years.

We hear of 20,000 hogsheads of tobacco in the bonding houses in London at one time. There are twelve city brokers in London expressly devoted to tobacco sales, 90 manufacturers, 1,569 tobacco shops, 82 clay pipe makers, 7,380 workmen engaged in the different branches of the business; and no less than 252,048 tobacco shops in the United Kingdom.

And if we turn to the Continent, the consumption and expenditure assume proportions perfectly gigantic. In France much more is consumed in proportion to the population than in England. In 1854 Paris consumed 3,800,000 pounds of tobacco, costing 17,725,263 francs. The Emperor clears a yearly profit of 100,000,000 of

frances by his monopoly. At St. Omer 11,000 tons of clay are used in making 45 millions of tobacco pipes. In the city of Hamburg 40,000 cigars are consumed daily, although the population is not much over 45,000 ; 10,000 persons, many of them women and children, are engaged in their manufacture. One hundred and fifty millions of cigars are supplied annually ; a printing press is entirely occupied in printing labels for the boxes of cigars, &c. ; and the business represents four millions sterling !* In Denmark the annual consumption reaches the enormous average of 70 oz. per head of the whole population ; and in Belgium even more—to 73 oz., or four pounds and 3-5ths of a pound per head.

In America the average is vastly higher. It is calculated that the entire world of smokers, snuffers, and chewers, consume two millions of tons of tobacco annually, or 4,480 millions of pounds weight—as much in tonnage as the corn consumed by ten millions of Englishmen, and actually at a cost sufficient to pay for all the bread-corn eaten in Great Britain ! Five millions and a half of acres are occupied in its growth, chiefly cultivated by slave labour, the product of which, at twopence per pound, would yield thirty seven millions of pounds sterling.

The time would fail to tell of the vast amount of smoking in Turkey and Persia—in India all classes and both sexes indulge in this practice ; the Siamese both chew and smoke—in Burmah, all ages practice it—children of three years old, and of both sexes—China equally contributes to the general mania—and the advocates of the habit boast that about one-fourth of the human race are their clients, or that there certainly are one hundred millions of smokers !

Are not these statistics perfectly astounding ? Is not this a wanton waste of money upon an idle custom, admitted by its warmest advocates to be only a luxury, seldom beneficial, always dangerous ?

This financial view of the question ought to arrest our attention. Every working man who consumes only one ounce of “SHAG,” “RETURNS,” or “BIRD’S EYE” per week, or the very moderate quantity of 4 lbs. per annum, pays out of the fruit of his labours, twelve shillings and eightpence to Government in the shape of a tax on his luxury ! Let the working men look to this. The amount of money which they annually expend in beer, spirits, and tobacco, would place them all in easy circumstances, and in a very

* Steinmetz, pp. 48—50.

few years obtain for them the franchise as electors! My friends, believe me that if you would break your tobacco pipes and never again drink a drop of intoxicating drinks, you would rise in the world with a rapidity you little dream of. I for one would cheerfully vote for manhood suffrage if all men were sober and well informed.

And let the scions of our wealthy families reflect on the prodigious waste of money incurred by their cigar and tobacco smoking. Here are nearly nine millions sterling thus annually consumed, and diverted from channels of utility or beneficence, or from the works of taste and cultivation of the arts, and puffed away in a selfish indulgence, useless if not injurious, and to the larger portion of society offensive, to many disgusting.

But, turning from the financial view of the subject, let us enquire into the physical, moral, and religious influences of tobacco smoking. And here I would first cite the opinions of a great many distinguished members of the medical profession, more than forty of whom have publicly recorded their judgment relative to this practice. And having submitted these records to the consideration of the reader, some general conclusions may be satisfactorily arrived at.

Mr. SOLLY, whose name stands high in the medical world, had briefly referred to the evils of tobacco smoking in a learned lecture on paralysis which appeared in the *Lancet*.* Alarm was taken at this assault upon their favourite habit by some inveterate devotees, and so the controversy was awakened in the pages of that leading journal of medical science, and was continued through successive numbers. The opinions of many distinguished members of the faculty have thus been recorded. I shall endeavour to cull from them the mass of evidence which is here to be obtained against the practice in question. It is no part of my present object to adduce the opposite testimony; but if it were so, the task would be easy, as the advocates of the practice are as few as their arguments are feeble.

My references must be brief, but they shall be honest. I take them in the order in which I find them in the *Lancet*.

Dr. DAVID JOHNSON, M.R.C.S., &c., of Dudley—

“There can be no doubt that the moral evils occasioned in this country by the use of this plant, are of the most extensive and frightful kind.”

T. HAROLD FENN, M.R.C.S., Nayland, gives no opinion as to the

* All the following quotations are from Vol. I. of the *Lancet* for 1857.

general effects of tobacco *in health*, but pronounces it as deadly in many forms of "typhoid fever."

"I could quote cases where the immoderate use of tobacco destroyed all the chances of recovery in otherwise favourable or merely doubtful cases of typhoid. He therefore urges the disuse of tobacco during the prevalence of an epidemic of typhoid fever."

J. B. NEIL affirms "that it is a provocative and incentive to strong drinks, causes palpitation of the heart, muscular debility, jaundice, cancer of the tongue, tottering knees, trembling hands, &c." He confirms Dr. Solly's statement "that it produces paralysis," and Dr. Webster's, "that in *post mortem* examinations of inveterate smokers cretinism is always present." Mr. Neil "traces the true cause of consumption (transmitted from parents to their offspring) to the one cause of smoking," and recommends tobacco "as an acro-narcotic poison, principally used as a wash for the mange, and to destroy lice and fly in sheep." Of one thing he is certain—"whatever tobacco smoking may be to men of active habits of life, *it is suicide to the sedentary.*"—*Lancet*, pp. 22, 23.

J. A. M'DONAGH, M.R.C.S., states "that in the hands of medical men tobacco has been found a useful medicine. He adds, "*neither in this letter nor in my former note have I advocated the practice of smoking*, but I think the question of adulteration has a great deal more to do with the subject than many imagine. I also think there is considerable difference between the moderate use and abuse of tobacco, as well as in the constitutions of smokers."—*Lancet*, p. 78.

Dr. DAVID JOHNSON, in a subsequent letter, corroborates the statements both of Dr. Solly and Mr. Neil, as to the fact that immoderate smoking produces many frightful maladies, confirming his statement by references to a host of medical witnesses of high standing. He subjoins the following:—

"Dr. Taylor, in his valuable work on Poisons, says 'that a poisonous substance like tobacco, whether in powder, juice, or vapour, cannot be brought in contact with an absorbing surface like mucous membrane without, in many cases, producing disorder of the system, which the consumer is probably quite ready to attribute to any other cause than that which would render it necessary for him to deprive himself of what he considers not merely a luxury, but an article actually necessary to his existence.'"—p. 787.—*Lancet*, p. 127.

J. G. SCHNEIDER, M.D., Bayswater—

"Having had much experience of the baneful effects of smoking in my own country, Germany, which may be considered the great tobacco furnace of the age, which is affected by her reeking atmosphere in many ways, I trust that my opinion may have some weight with your readers.

"The tendency of Germans to disease of the lungs may be traced to their incredible passion for smoking; and *our* principal medical men and physiologists compute that, out of twenty deaths of men between eighteen and twenty-five, ten

originate in the waste of the constitution by smoking. So frequently is vision impaired by the constant use of tobacco, that spectacles may be said to be as much a part and parcel of a German as a hat is of an Englishman.

"In America, likewise, where my practice has extended, I have noted the same pernicious effects, and it is a well-attested fact that the Americans 'wear themselves out' by the use of tobacco. Insurance companies are very cautious in entertaining the proposals of any of my countrymen. I will venture to assert that, if you examine carefully an equal number of smokers and non-smokers, of the same age, you will find that those who have eschewed the use of tobacco have been least subject to ailments of any kind."

Mr. SOLLY himself writes at length again in the *Lancet*, (pp. 152—154.) I commend the following to young gentlemen smokers:—

"My assertion that it is especially injurious in England applies to the young men of this country, about whom I am most anxious, because they all live up to fever point. I believe that the injury inflicted by a pipe of tobacco in the mouth of a poor man who lives below par, rather than above it, cannot be appreciated; but not so a cigar smoked by a man who lives high, and uses his brain much. It matters little whether the mere animal, let him be in the shape of a stockbroker's clerk or a country voluptuary, smokes more or less, but I am sure it is incompatible with great and long-continued intellectual activity and that amount of high living which appears almost necessary to health in the imperfect atmosphere of great towns.

"The gentry and aristocracy of this country must not suppose that because the habit of smoking does not lead in their case to drinking, that therefore it injures them not. Hundreds of gentlemen smoke without drinking more than they believe is conducive to health, and smoking does not in their persons lead to intemperance. But from this fact the habit is the more dangerously insidious. Its ill effects are less easily observed; the habit advances in intensity without their perceiving any objection to it; but the penalty is paid nevertheless, and an untimely grave is often the result. So strongly do I feel its importance, that I believe, if the habit of smoking in England advances as it has done during the last ten or twelve years, that the English character will lose that combination of energy and solidity which has hitherto distinguished it, and that England will sink in the scale of nations."

And again in another letter, (pp. 175, 176)—

"Few fathers have any idea, if they do not smoke themselves, of the expense their sons plunge into when they commence smoking. £30 per annum is about the lowest sum spent by a man who smokes cigars. I know many who have spent £120, and one £300 a-year, on tobacco alone. Merely looking upon it in a sanitary point of view, how much better would it be if this money were spent in horse exercise, steamboat or railway excursions, when the money can legitimately be devoted to pleasure. But how many a lad spends such money when his father can little spare it out of his hard-earned income!"

Mr. SOLLY, in the same letter, cites the following important testimony:—

"In conclusion, I must quote from the writings of that excellent practical surgeon, Ranald Martin, whose Eastern experiences render his opinion of immense value. 'But there is another habit respecting which I shall venture to say a few words, because it is both a bad one, and a comparatively new one. I mean the immoderate use of tobacco—a habit brought amongst us from the continent of Europe, on the cessation of the French war. Young military men are apt to regard the habit as a manly one, until severe dyspepsia, shattered nerves, sallow complexion, disturbed action of the heart, and other symptoms shew themselves, and then it is frequently too late to stop. Of the miseries, mental and bodily, which I have witnessed in the persons of young officers from the abuse of cigars, I will only say that they very far exceed those detailed in the

'Confessions of an Opium-eater.' Were I to relate but a small portion of the results of my personal observation as to the effect of the abuse of tobacco, I might be suspected of exaggeration.'

Dr. J. PIDDUCK, Montague Street, Bloomsbury—

"Tobacco, like other stimulating narcotics, beguiles the senses of its votaries, so that the morbid symptoms which it produces are masked by the pleasurable sensations which it excites.

"If the evil ended with the individual who, by the indulgence of a pernicious custom, injures his own health and impairs his faculties of mind and body, he might be left to his enjoyments—his '*fools' paradise*'—unmolested. This, however, is not the case; in no instance is the sin of the father more strikingly visited upon his children than the sin of tobacco smoking. The enervation, the hypochondriasis, the hysteria, the insanity, the dwarfish deformities, the consumption, the suffering lives and early deaths of the children of inveterate smokers, bear ample testimony to the feebleness and unsoundness of the constitution transmitted by this pernicious habit.

"Adulterations of all kinds are bad enough, but the adulteration by a narcotic—poisoning the life at its source, the breath; and in its course, the blood—is worse than all. By these adulterations, the health of the community is injured; by this, a man injures his own health and that of his children. Ought not this consideration to restrain every wise and good man from contracting or continuing such a senseless and destructive habit of self-indulgence? For old men, smoking may be tolerated; but for young men and boys it cannot be too severely reprobated."—*Lancet*, p. 178.

DUNCAN SMITH, M.R.C.S., while inclined to think that a moderate use of the herb may not be injurious, adds—"With respect to the baneful effects of excessive smoking, there cannot be two opinions on the subject, especially when attended with free expectoration." But he enters an unqualified testimony against SNUFF—

"I was sorry to find that your eminent correspondent (Mr. Solly) had not furnished us with a few remarks on the use of snuff—a form of the weed which is far more seriously indulged in from its portability, &c., and which, I fear, is more injurious in its effects upon human life."

WALTER TYRELL, M.R.C.S., St. Helens, Bishopgate, adduces facts (of a character too delicate and medical for these pages) to prove "that excessive smoking is one of those 'pleasant vices' of which the just gods make instruments to scourge us." He concludes—

"This case, I think, satisfactorily proves that, in some persons at least, tobacco is not the harmless luxury many would make it, and I am sure this case has many parallels.

"Hoping that the discussion which you are so ably keeping up may prove effectual in somewhat abating the existing 'smoke nuisance,' I beg to subscribe myself, ———."—*Lancet*, p. 178.

In another letter Mr. NEIL observes:

"The teetotalers commenced at the wrong end; they should have first put down the pipe! However, it is not too late for them to begin the good work. The teetotaler who breaks his pledge is always a smoker."

T. C. WOOD, M.D., Westbourne Green, while advocating a moderate use of the weed, agrees "that *sedentary life is not compatible with smoking*." Were I an advocate on that side I should say, "This witness may sit down."

WALTER SUMPTER, of Horncastle—avows himself a smoker—asserts “that from moderate smoking he had derived much benefit.” But he confesses that he “has suffered an uneasy sensation in the *cardine region from the abuse of tobacco.*” But on the whole “he contends that as a luxury, not as a requisite (*except from habit*), tobacco in moderation may be enjoyed without injury to health.”—(pp. 178, 179.)

ARTHUR HILL HASSALL, M.D., contributes much valuable information, and his views are moderate. He states certain conditions of life and constitution when the weed may possibly be beneficial; but the general tendency of his evidence is powerfully condemnatory of the practice of smoking—

“But a very large proportion of tobacco smokers belong to none of the three classes of persons above referred to, being neither plethoric, dyspeptic, nor nervous and irritable, but are in the enjoyment of a good and sound state of health; to such persons we would say that the habit of tobacco smoking, *at the least*, is useless and expensive, and simply panders to the spirit of self-indulgence which leads many to gratify the senses in a variety of ways.

“The habit of smoking is often injurious in an indirect manner, by its acting as an inducement to drinking, and thus becoming the source of intemperance and its attendant evils. Indeed, too frequently these practices go together. ‘Smoking induces drinking, drinking jaundice, and jaundice death.’

“Many of the above remarks apply with greater force to the practice of tobacco chewing.”

The Doctor then cites fearful cases illustrative of the deleterious effects of snuff taking.

Dr. HASSALL further quotes the following urgent appeal on this subject from a “*Dissertation on the Use and Abuse of Tobacco*,” by Adam Clarke:—

“To those who are not yet incorporated with the fashionable company of tobacco consumers, I would say, Never enter. To those who are entered I would say, Desist. First, for the sake of your health, which must be materially injured, if not destroyed by it. Secondly, for the sake of your property, which, if you are a poor man, must be considerably impaired by it. But, supposing you can afford this extra expense, consider how acceptable the pence (to go no farther) which you spend in this idle and unnecessary employment would be to many who are often destitute of bread, and to whom one penny would sometimes be as an angel of God. Thirdly, for the sake of your time, a large portion of which is irreparably lost, particularly in smoking. Have you any time to dispose of—to murder? Is there no need of prayer, reading, study? Fourthly, for the sake of your friends, who cannot fail to be pained in your company for the reasons before assigned. Fifthly, for the sake of your voice, which a continuance in snuff-taking will infallibly ruin, as the nasal passages are almost entirely obliterated by it. Sixthly, for the sake of your memory, that it may be vigorous and attentive; and for the sake of your judgment, that it may be clear and retentive to the end. Lastly, for the sake of your soul. Do you not think that God will visit you for your loss of time, waste of money, and needless self-indulgence? Have you not seen that the use of tobacco leads to drunkenness? Do you not know that habitual smokers have the drinking vessel often at hand, and frequently apply to it? Nor is it any wonder; for the great quantity of necessary moisture which is drawn off from the mouth, &c., by these means must be supplied some other

way. You tremble at the thought : well you may, 'or you are in great danger. May God look upon you, and save you before it is too late !"

Dr. HASSALL concludes his paper thus :—

" Finally, then, we believe there is no question but that the habit of tobacco smoking in excess is, in all cases injurious to health. In countries where tobacco is grown, as in America, the pernicious effects of extreme indulgence in smoking are fully known and recognized. In America it is no uncommon circumstance to hear of coroners' inquests on bodies of smokers, especially youths, the ordinary verdict being, ' Died from excessive tobacco smoking.' "—*Lancet*, p. 200.

Dr. W. R. PUGH gives his unhesitating testimony against tobacco, especially valuable from his knowledge of colonial life. He thus pictures the rise and progress of the evil in an Australian settlement :—

" Thus circumstanced, it is not surprising that an occasional instance is presented of men becoming slaves to an agent by which they are enabled to pass in dreamy stupor a portion of the weary time of their voluntary banishment. Unfortunately the occasional pipe of tobacco is soon merged into a life where no moment is tolerable in which the narcotic vapour is withheld. His morning smoke is commenced while in his bed, his day is passed in a cloud, and the pipe accompanies him when retiring to rest, to be laid aside when overpowering sleep prevents its further use. The first visible effects of such a life are a disregard for cleanliness and personal appearance. The features become bloated, and the lips lose their healthy hue. The cheerful and active movement has given place to a heavy listlessness. The character of the man has undergone a change. When roused, he attends to business, but rapidly returns to a state of abstraction. Dyspeptic symptoms annoy him, and soon the heart becomes irritable, and the pulse is irregular. Hypochondriasis in its worst forms is presented, accompanied at times with a suicidal tendency ; and I have known individuals in this condition rush to the town, dreading the consequences of a longer continuance in their life of solitude."

" If such be the consequences of excessive and continued doses of narcotine, can we suppose that no mischief will accrue to the children of this country who are to be daily seen recklessly enjoying the pipe or the cigar ? I fear a healthy nutrition is incompatible with the proceeding, and think with Mr. Solly that the future happiness of the people of England may be jeopardized by a practice which intercourse with our continental neighbours has rendered so popular."—*Lancet*, p. 200.

Dr. P. J. HYNES, M.D., of Nottingham, is almost the only person of note and with a name (for anonymous communications I have not noticed) who attempts anything like a laboured defence of smoking habits in the pages of the *Lancet*. Himself a smoker, under the advice of a medical brother, and having derived medicinal benefit from it, he is fully entitled to defend the practice. But it is well to observe how he guards his advocacy. It is not of "*habitual smokers*," but only of those who "*moderately indulge*," that he and Dr. Christison say "that no well ascertained ill effects have been shewn to result from the practice." Of the effects of that doubtful quantity—"excess"—even this decided advocate of the weed thus writes :—

" I have unquestionably had repeated opportunities of witnessing the pernicious effects of tobacco in certain temperaments. I have seen delirium tremens and paralysis brought on by an immoderate indulgence in snuff taking ; and dyspepsia, giddiness, tremor, a sallow complexion, and many other evils produced repeatedly by an abuse of tobacco, but these were instances of its *misapplication*."

MAURICE C. EVANS, M.R.C.S., having twice been a smoker, and twice abandoned it, and therefore fully able to pair off with our last witness, thus sums up his testimony:—

“A greater curse never befell this country than the introduction of tobacco. Let its advocates flourish under their delusion, and may they never rue the day when first they yielded to its charms!”

WILLIAM S. CORTIS, M.R.C.S., contributes most valuable and interesting evidence. He states that as a medical student he tried and abandoned the habit of smoking from conviction of its injurious effects on his studies, and through a long practice he had been confirmed in its evil tendency generally. But Mr. Cortis gives somewhat novel evidence on the effects of tobacco even on a class of persons, for whom at the same time he claims some indulgence, and for whom some people plead actual necessity:—

“Every impartial member of the profession—every one not induced to make excuses for the practice because he himself indulges in it—must admit the truth and importance of Mr. Solly’s statements. Allowing, with him, that the habit would be of little consequence if confined to those classes who gain a livelihood by mere physical labour, and was only moderately indulged in by them—(who *could* deny the sailor his pipe?)—I must yet state that even amongst these I have seen injurious effects follow its excessive indulgence. I live in a fishing-town, and most of the fishermen are great smokers, many of them consuming regularly a quarter of a pound of tobacco per week. They are, however, a remarkably sober class, seldom taking anything beyond their glass or pint of ale on the Saturday night. Nevertheless, in these the habit constantly produces dyspepsia, and affections of the nervous system, mental depression, and paralysis. I know several of them, great smokers, but *not* drinkers, whose hands perpetually tremble like those of a drunkard in the morning before he has had his dram. I have just had two cases of paralysis, one of which I believe to have been entirely, and the other principally, caused by smoking tobacco. They were both in men who were seldom without a pipe in their mouths. The first was not a drinker at all. The paralysis commenced by a gradually increasing loss of power over the muscles of the tongue and pharynx, (indicated by difficulty of speaking, swallowing and retaining the saliva in the mouth,) the parts to which the poison is applied. He eventually entirely lost the power of either speaking or swallowing, and sank exhausted without apparently the paralysis extending to other parts. His age was fifty-eight when he died.”

“My chief desire, Sir, at present, is to support what I consider Mr. Solly’s most important conclusion—one that I have long since arrived at myself, and frequently urged in society—viz., that over and above its effects on the individual, the great increase in the habit of tobacco smoking amongst the young men of the better classes, is a national calamity and source of danger. Let any one look round amongst the young men of his acquaintance, and notice whether those who smoke largely are not distinguished by a generally deteriorated physique—a sallow, dyspeptic appearance, deficiency of energy and nerve, and inability or disinclination for manly exercises. Such, at any rate, is my experience. I have observed lads, leaders in the cricket-field, and riding to hounds with spirit—as young men, acquire this habit to excess, (perhaps at the University, where it has sunk many a man from the honours-list to a poll, or from the poll to a pluck)—lose all their taste for athletic sports, and all their nerve in the hunting-field.”—*Lancet*, p. 203.

J. R. MARTIN, Esq., F.R.S., author of the work before quoted by

Mr. Solly, writes himself in the *Lancet* powerfully against the evil habit in question. I extract the following :—

“The most ordinary results of excessive use of tobacco are:—the most severe forms of irritable dyspepsia, giddiness, disturbed action of the heart, nervous tremors, and cachexia, all amounting occasionally to palsy. Young gentlemen who are in the habit of putting ‘an enemy into their mouths to steal away their brains’ do not become aware of these facts until it sometimes becomes too late. A highly scientific and distinguished captain of engineers of the Indian army told me: ‘All the young fellows of my term who went out to India, having bad habits, are dead, excepting two.’ And what has become of them? ‘They were cashiered!’ Here the question of tobacco was not immediately in contemplation; but I have no doubt whatever, from the results of my observations in India and at home, that, of the habits which led to this sad end, the abuse of tobacco was, amongst these young officers, the most banefully influential.”—*Lancet*, p. 226.

J. C. BUCKNILL, M.D., of the Devon County Asylum, writes to prove that tobacco is not a cause of insanity, and generally advocates its moderate use. But though he holds that “the sum of human happiness is increased by tobacco,” (Oh! for human happiness if this be true!) even he says—“Extinguish if you will, the meerschäum of the philosopher, switch the young gentleman at Eton who prefers “*Cavendish*” to Cicero, but do not waste breath on that which lightens the poor man of half his burden of labour,” &c.—p. 227.

W. H. RANKING, M.D., of Norwich, advocates the moderate use of tobacco as harmless, and, under some circumstances, salutary. But he too writes thus on *excess*—

“Of the excessive use of tobacco, such as I have mentioned, it is impossible to speak in too strong terms of condemnation, whether in regard to its effects upon the moral or physical man. When thus abused, it is productive of formidable symptoms, and may unquestionably lead to premature decay, if not to death. There is, in fact, no more pitiable object than the inveterate smoker, the man who, to use a common phrase, ‘is never without a pipe in his mouth,’ especially if the habit has been acquired in early boyhood. Tremulous, emaciated, emasculate, his face the colour of a faded Palmer’s candle, his breath foetid, his mind enfeebled and irresolute, such a being is useless to others, and except when under the influence of his pipe, a burden to himself.

“The exact amount of indulgence which is required to induce this deplorable state cannot be specified, as much depends upon the mode of life of the individual in other respects. The earlier in life smoking becomes a habit, the sooner will these effects declare themselves; and sad indeed is the prospect for the cadaverous collar-strangled boys who in the present day throng the streets, the pipe or cigar ever in their mouths. Again, the man who is much in the open air may indulge with impunity, when the sedentary man would be injured.”—*Lancet*, p. 228.

SAMUEL BOOTH, Esq., L.S.A. After long experience on himself and others, says—

“For fifteen years I have had my attention more or less directed to this question, ‘Is tobacco smoking positively injurious to the human system?’ I do positively affirm it is, and have seen and noted down numbers of cases in which smoking has been the primary cause of paralysis, delirium tremens, gastric disorders, with inflammatory affections of the pharynx, larynx, &c.

“Many young clergymen and other ministers have been advised by me to abandon the use of tobacco, on account of its inducing relaxation of the uvula and fauces, accompanied often with hoarseness and sore throat.”

He cites the opinion of medical men in America to the same effect.

"The testimony of Dr. Waterhouse, the professor of medicine in the university of Cambridge, New England, is conclusive on this question. He says, 'I never saw so many pallid faces and so many marks of declining health, nor never knew so many hectic habits and consumptive affections, as of late years, and I trace this alarming inroad on young constitutions principally to the pernicious custom of smoking cigars.'"

JOHN HIGGINBOTTOM, Esq., F.R.S., of Nottingham. His testimony is full and decided :—

"The decision I have come to *after fifty years'* most extensive and varied practice in my profession is, that tobacco in every form has no redeeming property whatever; and at the present time it is a main cause in ruining our young men, pauperizing the working men, and also rendering comparatively useless the best endeavours of ministers of religion."—*Lancet*, p. 228.

J. R. PRETTY, M.D., Camden Town, writes in a moderate tone rather in favour of the moderate use of the pipe; but his letter opens with this admission—

"I willingly admit the serious physical and moral evils resulting from *excessive* smoking, and that perhaps, on the whole, as with alcoholic drinks, more evil than good results from the use of tobacco."

And he adds in a subsequent part of his letter—

"As a general rule, I should not say that one or two small pipes of a mild tobacco per diem could prove injurious to an habitual smoker. That the depressing effects of tobacco increase with the quantity smoked will be admitted, and this unfortunately is an inducement to add one excess to another by the increase of the quantity of stimulus taken, and which serves to avert by acting as an antidote."

WM. M'DONALD, Esq., surgeon to Garn Kirk Works—

"Sailors and navvies smoke more than any other class. The sailor uses some 8 oz., some 16 oz. of tobacco per month; the navy 8 or 10 oz., but part of this is chewed. The miner uses 8 oz. per month."

The result of Mr. Donald's experience even amongst such men is this—

"Often breathing an impure air, the tone of his system is lowered, and then tobacco exerts its baneful influence on him. He is subject to dyspeptic, bilious, and nervous attacks, *while those who do not smoke are invariably the healthiest.*"

Mr. D. shews its evils on women and other classes, and thus concludes—

"In conclusion, I may state that the germs of premature decay, which abuse of tobacco is spreading through the country, will ultimately, in my opinion, prove more overwhelming than even the serious abuse of intoxicating liquors."—*Lancet*, p. 232.

Dr. D. HOOPER, B.A. and M.B., London, advocates the moderate use of "the cigar in its *proper time, place, and quantity*, as not only not poisonous, but positively useful."

J. TAYLOR, Esq., L.S.A. Whose evidence is more important since he vindicates the moderate use of tobacco as beneficial in the majority of cases, writes thus respecting *juvenile smoking*—

"To the growing delicate youth of large towns, whose days are passed in the confined air of a counting-house, and whose muscles are imperfectly exercised and imperfectly developed, the baneful effects of tobacco exhibit such fearful manifestations, that were it not for the dress it would be difficult to determine, in many instances, to which sex the individual belongs. The smoking youth of the present day exhibits a slothfulness, a want of energy, an indifference, a slowness of action in his business habits, quite inconsistent with what we might expect to find in the unimpaired energies at this period of adolescence; and there is also a corresponding condition of the mental faculties; witness the frivolities, the light undignified reading of the present day, and the alarming passion for fraudulently obtaining and squandering money. This propensity to the indulgence in vicious habits on the part of the rising generation must have a cause somewhere, and I hesitate not to ascribe it to their immoderate use of tobacco."

Dr. GARRET, Hastings, gives his testimony against smoking, and traces several diseases to the practice: as "weak eyes, loss of smell and taste, dyspepsia, *baldness especially*, (*sic*) cutaneous and other affections."—*Lancet*, p. 251.

JOSEPH F. GAMGEE, Esq., M.R.C.S., gives a calm and rational summary of the question, and his own opinion, though not a smoker himself, that the weed may be indulged in by many persons, at certain times, without injury to life or health. And while he thinks "the alleged sanitary effects of tobacco are not proved," the evil consequences attributed to it have been exaggerated.—*Lancet*, p. 274.

PETER EADE, M.D., Physician to Norwich Dispensary, argues for its moderate use. His evidence of smokers is that "they state that a large consumption of tobacco does them harm, but they all express an equally strong opinion that a certain small quantity produces no appreciable injury."

But curiously enough, this advocate of the weed concludes thus—

"Whether a most potent argument against tobacco, on the ground of its being a social nuisance, and militating against the comfort and agreement of families, could not be brought forward, is another question, for the solution of which we must refer, not so much to the medical profession, as to the female members of households."

JAMES B. PROWSE, M.R.C.S. "The *instinct* of all men is against the excessive or even the free use of tobacco, and in reason and in conversation its use is only tolerated as an occasional habit. He thinks, medically speaking, that it greatly aggravates some diseases, but may be used beneficially in others.

WM. DYMCK, M.R.C.S., gives similar evidence, in certain forms of ague and typhus tobacco is poison; but an habitual smoker is more easily cured of certain wounds.—*Lancet*, p. 302.

LEMUEL BROCKELBANK, Esq., M.A., of Cambridge, contends at length for the moderate use of the weed, and thinks that every man

can ascertain the boundaries of moderation and stop there if he chooses. He concludes his letter thus—

“In conclusion, it is for every contumacious smoker to discover, by the warning evidence of his own feelings, the extent to which he can venture, for I contend by experience, that he has the ability; but they who refuse to listen to the small voice within, and indulge beyond the sanctions of Nature, must submit to the penalty of reckless indiscretion.”

A very logical conclusion, truly. Because Mr. B. knows by his own experience that he can discover to a whiff when he has had enough, and because he has also the moral courage then to stop, therefore all the “contumacious smokers” in the world may know and do this too! One can only hope that Mr. Brockelbank’s knowledge of himself may be more accurate than that which he displays concerning others; or he will be in danger, if not of “reckless indiscretion,” at least of a puff too much!

GARRET BUTLER, Esq., M.R.C.S., of Holycross, gives most important testimony respecting the evils of smoking as witnessed by himself in his practice in the gold fields of Australia. He shows how smokers almost invariably sank under certain diseases, while non-smokers, when attacked, recovered. And he records his opinion on the subject generally thus—

“Excess in smoking, in my opinion, is far more dangerous than in drinking. The evils resulting from it are not so obvious; the smoker is not denounced by society as an immoral man. The drunkard feels at once the effects of his mode of life; his family are quickly reduced to misery, often poverty; unfitted for pursuing his usual employment, his health broken, the connexion between the cause and effect in his case is more apparent. Not so with the unfortunate victim of excessive smoking; the energy of mind and body are more gradually weakened; the constitution sapped in a more insidious manner; and while he suffers from the train of consequences resulting from an excessive indulgence in tobacco, his friends and neighbours attribute them to other causes.”

I cannot resist the temptation to hazard a reply to the shortest letter in the *Lancet*. It is signed “H. Gregory,” and runs thus—“Which is the best antidote for poisoning by tobacco?” Answer—*Not to take it!*

W. SETH GILL, Esq., M.R.C.S., thinks that a method of smoking might be devised which would make it harmless. Even as it is, and moderately used, he says—

“We may consider tobacco as amongst the beneficent gifts of an omniscient Being, subservient to our actual wants. If we abuse such gifts, and employ them to our degradation, we are no longer worthy, and should forego, their use.”—*Lancet*, p. 329.

The learned gentleman forgets an intermediate step which he has omitted to establish. It is not, whether the *tobacco plant* may be useful as a creation of God, but whether the mode of burning, puff-

ing, and spitting, involved in this particular use of it, and invented by the savages of America, was the *use* which the God who created it intended it to be put to.

JOHN W. TRIPE, M.D., medical officer of health. The testimony of this learned gentleman is strongly against the general use of the weed. He establishes certain facts respecting its deleterious effects of a most serious kind, but too professional for these pages. He sums up thus:—

“It is not a habit which I would advise any one to contract, but would rather oppose, because I think in the majority of cases it is unnecessary, and is often very expensive; but I do not deem it wise to ‘run a muck’ against the practice, because it is undoubtedly injurious when used to excess.”

W. N. SPONGE, M.R.C.S.—

“You invite the profession to state their experience with regard to its effects. In this town there is a class of seafaring men engaged in the oyster fishery; they have much time upon their hands, and fearful fellows they are to smoke, many averaging four to six ounces per week, and I can fully bear testimony to the evil consequences of such excess; but I would more particularly dwell on its baneful effect upon the young. I do not believe that a pipe of tobacco smoked once or twice a day is in any way injurious to a healthy man, provided he does not commence the habit too early in life; but what can a boy in his teens want with tobacco? What is more vexing, more disgusting, than to see children of fifteen and sixteen, up to twenty, strut about our streets with pipes and cigars in their mouths? It must enfeeble the system, and interfere with its development; witness, for instance, the number of pale, flabby, whiskerless, half-furnished faces we see now-a-days; the puny muscular strength, the sluggish movements, the irresolution of character, the deficiency of English pluck, the decline of athletic sports, the increase of cowardly assaults upon women, &c. Again, what says the recruiting sergeant? He will tell you that the English standard of height has fallen an inch within the last generation.”—*Lancet*, p. 360.

T. APPLEBY STEPHENSON, M.R.C.S., L.S.A., “is a moderation man,” and writes thus—

“The only evils I can see in smoking are, perhaps, its being rather uncleanly, and certainly more expensive than not, and *cæteris paribus*, every man who does ‘not make unto himself a necessity,’ in a work, has fewer wants, so much is he superior to his fellows.

“Many ailments, I think, do result from snuff: it impairs the voice, smell, digestion, &c.”—*Lancet*, p. 361.

It may be presumed that this gentleman does not “snuff,” though “he smokes.”

I have reserved to the last the admirable editorial remarks of the *Lancet* itself; which, while it rather appears to side with those who support the moderate use of the weed, gives no unhesitating testimony to the two points I am anxious to establish. 1st, That tobacco smoking is in very many instances the source of serious and even fatal disease; and, 2nd, That it is unexceptionably injurious to our youth. On the latter point the editor of the *Lancet* leaves nothing to be said.

"The laity and smokers in general must have their attention most strongly directed to the fact, that no one, not even the most ardent defender of tobacco, has advocated a large indulgence in its use. The moderate smoker may not be injured by the habit; but the weak slave who all day long keeps a pipe or cigar in his mouth—who cannot work, read, think, nor even sit half-an-hour quiet unless he be smoking, will certainly have some, and deserves to have all, of the above threatened evils heaped upon his besotted head."—Ed. *Lancet*, p. 270.

"Leaving behind us the debateable ground of moderate smoking, concerning which opinions of every shade and variety are entertained, we now purpose to direct attention to some indubitable results which follow upon excessive indulgence in the practice of smoking. Whatever doubts may be entertained as to the desirability of attempting to suppress the use of tobacco, there can be but one opinion as to the absolute necessity of warning the public that its abuse is followed by very serious consequences.

"Age is another of the circumstances which requires consideration in connexion with this question. When may the habit, *in moderation*, be safely allowed? Certainly not before manhood. Certainly not before the full development of the individual has been attained. Assuredly not before the habits and character of the man have been formed. Whatever collateral objections may be urged against smoking, such as the *usual*, we do not say necessary, accompaniments of alcoholic stimuli, the habit of resorting to cigar shops, divans, &c., apply with double—with fearful force, to youthful smoking. We do not at all overstate the case, when we say that hundreds of foolish boys owe their temporal ruin to habits and associations acquired in the course of their apprenticeship to the art of smoking. The younger the smoker the more danger does he stand of suffering from these deteriorating influences. The powerful depressant requires, in youth, the counteracting influence of the powerful excitant. The influence of immoral associations, and the solicitations to, and the opportunities of, vice, which surround the youthful devotee to tobacco, are hardly to be resisted by the feeble will, the plastic temper, and the warm passions of juvenescence. To the young man, and more especially to the student of medicine, in whom we are peculiarly interested, we would say,—'Shun the habit of smoking as you would shun self-destruction. As you value your physical and moral well-being, avoid a habit, which for you can offer no advantage to compare with the dangers you incur by using it. The bright hopefulness of youth, its undaunted aspirations, and its ardent impulses, require no halo of smoke through which to look forward upon the approaching struggle of life. Your manner of living must be bad indeed, if you require anything further than—sleep, exercise, and diet, to fit you for your duties as students. Your minds must be emasculated indeed, and arrant cowards must you be, totally unfit for the stern realities of what is to come, if you cannot face your present few and comparatively small anxieties, without having recourse to the daily use of narcotics.' We speak from a large experience of medical students, when we say that the intemperate smoker is the intemperate indulger, as a general rule, in all that partakes of the nature of sensual gratification. It matters not that many may, and do, pass through the ordeal unscathed. Vast numbers do *not*. Listless minds and languid bodies, slakeless thirst and shaking hands, delirium tremens, madness—and death—we have distinctly and surely seen to follow the unhallowed indulgence, in youths who began their studies with bright promise of success, with fair characters, and honest purposes. It is not open to impressible and wavering youth to say, Thus far will I go and no further. To commence the downward course is too easy—to retrace the false steps is too difficult; the risk is too great, the advantage too infinitesimally small, the interests at stake too supremely important, to allow the student once to begin. It is no sign of manliness to toy with danger, and sport upon the brink of a precipice. The impulse which may plunge the unreflecting boy into an abyss of ruin may come, he knows not when, nor with how great force; let him prove his strength by avoiding, not by courting danger.

"We most earnestly desire to see the habit of smoking diminish, and we entreat the youth of this country to abandon it altogether. Let them lay our advice to heart. Let them give up a dubious pleasure for a certain good. Ten years hence we shall receive their thanks."—Ed. *Lancet*, pp. 354, 355.

The testimony of JOHN LIZARS, Esq., late professor of surgery at the Royal College of Surgeons, and afterwards senior operating surgeon at the Royal Infirmary, Edinburgh, must not be omitted, though he took no part in the foregoing controversy. In a preface to the eighth edition of his "Practical Observations on the Use and Abuse of Tobacco," he says—

"It is difficult to estimate, either the pernicious consequences produced by habitual smoking, or the number of its victims among all classes, old and young. The enormous consumption of tobacco can be ascertained from yearly returns made by the Government Custom-House; but its physical, moral, and mental deteriorations admit of no such tangible analysis. These, although certain, are slow and imperceptible in their development, and it is therefore impossible to ascertain the extent of the injury which the poisonous weed inflicts upon the public health, or the alteration it must necessarily effect upon the character of its inhabitants.

"The prevalence of smoking has been of late greatly on the increase, and the use of the narcotic commences with the young from mere childhood. Such a habit cannot be more lamented than reprobated. The injury done to the constitution of the young may not immediately appear, but cannot fail ultimately to become a great national calamity."

His pamphlet is full of interesting matter upon this subject, and replete with cases which have come under his notice exhibiting the deadly effects of the tobacco poison inhaled through smoking. He quotes high authorities, among them M. FIEVEE, to shew the deteriorating effects of excessive tobacco smoking in nations, adducing besides the Eastern countries, Spain, "which," he says, "is now a vast tobacco shop; and its only consolation is that other nations are fast approaching its level." But Mr. Lizars' pamphlet must be carefully read to be appreciated.

During the course of correspondence in the above medical journal, ANDREW STEINMETZ, Esq., barrister-at-law, himself a desperate smoker, published a smart and clever pamphlet in favour of the practice entitled "Tobacco: its History, Cultivation, &c." In which, however, he supplies information and facts quite sufficient to deter anyone from indulging in the habit, if he be not already a slave to it.

AUTHORITIES QUOTED BY STEINMETZ.

Dr. PROUT, "an excellent chemist and physician"—

"Tobacco disorders the assimilating functions in general." "Great smokers also, especially those who employ short pipes and cigars, are said to be liable to cancerous affections of the lips. But it happens with tobacco as with deleterious articles of diet, the strong and healthy suffer comparatively little while the weak and predisposed to disease fall victims to its poisonous operations. *Surely if the dictates of reason were allowed to prevail, an article so injurious to health, and so offensive in all its modes of enjoyment, would speedily be banished!*"—p. 146.

"According to Dr. LAYCOCK some smokers experience in the morning at waking, heat, redness, tears in the eyes, spasm of the eyelids, with photophobia—"dread of the light."—p. 148.

Dr. L'EVY, quoted with great approbation by Mr. Steinmetz :

"The abuse of tobacco"—that is a little too much of it—"directly affects the larynx, the trachea, and the lungs ; the voice becomes hoarse and more base ; a slight cough supervenes. Desperate smokers are pale and livid ; their teeth are black, their lips are blue, their hands tremble, their muscles are without vigour ; and they are bereft of energy and decision.

"What we must blame and proscribe is the abuse—the precocious use of tobacco ; for, after all, that substance has no hygienic value in itself ; on the contrary, it is a poison.

"Its influence must be necessarily injurious on youth, on the young apprentice of the trades, on the students of colleges, who cultivate the pipe and cigar as signs of manhood and emancipation. It depraves their appetites ; it may compromise their development.

"The habit of almost incessant smoking in the East, where the pipe is the prelude of all official acts, of all conversations, of all social relations, is detestable and brutalizing. The Oriental seizes his pipe in the morning, and never quits it until he goes to bed. A special functionary—the pipe-bearer—is an appendage of all officials. In families of respectability the care of the pipes is the exclusive attribute of one or many servants who occupy the higher grade of the domestic establishment. It is in the East and in the taverns of Flanders that we behold the stupifying effects, the intellectual and moral degradation which result from the combined use of beer, tobacco, and the harems. *There is no family there.* The inert enjoyments of the smoking-rooms take the place of the family and cause the abandonment of the household hearth. *The excessive use of tobacco enervates the intellect, plunges it into vagueness, blunts perception, weakens the memory.* Smoking is, at least, *a mode of cerebral idleness, which, by constant repetition and long continuance, ends in rendering the mind unfit for anything, in the irremediable torpor of the mental faculties.*

"Amongst Europeans, excess in smoking almost always accompanies excess in the use of alcoholic drinks. Then Asiatic torpor alternates with the violence and brutality of the English prize-fighter.

"In the East smoking is an obstacle to the regular activity of men, to civilization, and above all to the despatch of business, the important organization of government."—Steinmetz, p. 155.

BURTON—"Anatomy of Melancholy"—quoted by Steinmetz ; for the introduction of which an apology is due ; but it is too good to be omitted, and it must be remembered that Burton wrote when tobacco was at its height, a rage and a plague.

"Tobacco—divine, rare, superexcellent tobacco, which goes far beyond all the panaceas, potable gold, and philosophers' stones, a sovereign remedy to all diseases ! A good vomit, I confess—a virtuous herb—if it be well qualified, opportunely taken, and medicinally used ; but, as it is commonly abused by most men, which take it as tinkers take ale, 'tis a plague, a mischief, a violent purger of goods, lands, health—hellish, devilish tobacco, the ruin and overthrow of body and soul."

All the above authorities are actually cited in a work devoted to the defence of smoking. Doubtless some of them as a sort of ratio *ad absurdum* ; but few persons can read them without coming to a conclusion the very opposite of that for which they are cited.

With this great mass of evidence before us let us examine the subject further, with a view to arrive at a satisfactory conclusion. The advocates of the practice in question have attempted to escape in the cloud of their own smoke, and it has been urged that amidst such diversity of opinion nothing definite can be arrived at, and that tobacco in its several uses is good or bad, beneficial, harmless, or mischievous according to circumstances,—that each man must judge for himself; and in fact that every one should be left peaceably to enjoy his pipe undisturbed by alarming suggestions.

This is far from being a fair conclusion: even a cursory glance of the evidence adduced by the preceding witnesses shows a wonderful agreement, concurrence, and uniformity of opinion on some very important and salient points.

For example,—among these forty witnesses and upwards, diverging as they may on the various methods of abating the evil, there is an undeviating and uniform opinion on one point, viz. : *the deleterious and fatal consequences of youthful smoking*. On this point there is not a doubt or hesitation; all unite in picturing in the strongest colours the frightful effects of the poison on youths under age,—how it stunts the growth, checks the development of all the powers of mind and body, destroys manhood, and whether by its irritating effects on some, or its soporific effects on others, leaves the early smoker at twenty or five-and-twenty years of age emasculated, trembling, effeminate. Even Mr. Steinmetz, one of the boldest advocates of the weed, declares, “I am decidedly of opinion that no one should smoke before manhood, that is, before the brain has acquired its full natural expansion and activity; in other words, before the age of twenty or twenty-five years in England. Functional activity prematurely excited in any part of the animal system must necessarily be injurious, &c.”

Here then is a plateau on which we all take our stand in perfect harmony, and utter one long, loud, and deep note of warning to the boys and youth of our native land; imploring them as they value the vigour of their minds and bodies, as they would manfully combat in the battle of after life, resolutely to throw away their cigar or their knowing little pipe, as they would cast from them poison and death. Let them not for the sake of a momentary pleasure, or for a fashionable folly, sacrifice their happiness and comfort through life, and perhaps bring themselves to an untimely grave.

Let parents, teachers, masters of apprentices (many of whom have

been hurried into acts of fraud and dishonesty to gratify the craving appetite for tobacco), and all who are in authority, use their power to put down this great national evil of boy-smoking. Let mothers, sisters, and wives use their influence to abate this ruinous practice, against which all who are in the least degree acquainted with the subject so loudly protest.

But I cannot leave this unanimous testimony against the deadly effects of tobacco upon our youth, without expressing my surprise that a weed which is considered by everyone so pestiferous in the case of youth, should become so harmless or even beneficial in manhood! How is it, and why is it, that up to one-and-twenty, some say twenty-four or twenty-five, such appalling consequences should be entailed upon the juvenile smoker, but that when he has reached his twenty-sixth or thirtieth birth-day, he may smoke with impunity? I dare say the learned profession may have some profound and astute reasons to assign for this apparent contradiction; but until better informed, and until my ignorance is enlightened, I must come to the common-sense conclusion that an herb which exercises such powerful and baneful influences on adolescence, must possess most vicious propensities; and if it cease to exercise them later in life, it is only because maturity and manhood are better able to resist the poison.

But there are some other points of absolute unanimity among our witnesses. Thus all agree, and studiously put forward their agreement, that *EXCESS* in the use of tobacco is followed by the most serious and distressing consequences, reaching even to endangering life itself. There is hardly one to be found among all who have spoken on the subject, who dissents from this opinion. All again are agreed, at least with one or two unimportant exceptions, that it is very difficult to define *EXCESS*—a little more or a little less, a whiff or a puff too much, may turn the scale—the same quantity is apparently harmless to one person and poison to another. There is also a unanimous verdict that the habit, when acquired, is most insidious in its operations, stealthy, fascinating; gently leading on its captive from one pipe to two, from two to four, and so on, until it becomes a master passion. Now, these are not unimportant admissions, and cannot be too forcibly set before the public mind as the result of a wide-extended utterance of opinion from a large body of men better able to speak and more worthy to be listened to, than any other persons in the country; and they are all unanimous in testifying that the present use of tobacco to so fearfully wide

an extent, is a frightful abuse of it, and ought to be abated—that it is a habit destructive to youth of all ages—that excess at any time of life is mischievous and dangerous—that it is difficult to define the limits of moderation and excess—and that the habit of smoking is insidious and fascinating.

We might here pause and say, “it is enough, with these chances of misuse, and this enormous evil among the rising generation before my eyes, for example sake, if not for my own, I will smoke no more!”

But we must further deduce from the body of evidence before us, that the vastly preponderating evidence both of numbers, talent, and influence, is directly against the practice altogether; that a large proportion of the medical faculty are protestors against smoking, chewing, and snuffing in every form. They admit that in some cases tobacco may be beneficially used as a medicine—an admission which may be safely made of every known poison in the world—but that considered as a luxury, and used as it commonly is, it is mischievous, and ought to be abandoned. Such testimony should have weight with all reasonable and thoughtful men; more especially when it is remembered that of these witnesses many have been smokers and have abandoned the habit from conviction, while almost all its advocates are themselves its servants.

Several most valuable testimonies are also given upon specific cases, respecting classes of persons for whom smoking was always supposed to be either harmless or beneficent; I refer to the evidence of those gentlemen who have practised among fishermen, sailors, navvies, miners, and other hard sons of toil; and while it is admitted that used in great moderation by those athletic men, their habits of life and strength of physique, enable them to throw off its bad effects, yet that even they, the Hercules and Samson of our times, cannot resist a whiff or a quid too much, but succumb, sicken, and die under the Narcotic Poison! The supposed advantages of even the poor man’s pipe may well be questioned—the labourer and our stalwart forefathers did without it for hundreds and thousands of years—it neither strengthens nor nourishes them, and even in their case is in the long run an evil and not a blessing.

But before I further record my own opinion on the general subject, I must notice one or two of the popular arguments in favour of tobacco smoking. One of the most distinguished advocates of the weed thus philosophizes upon it, with the help of “Johnston’s Chemistry of Life.” He states that man has three cravings:—

"First, his provision of bread and beef; secondly, fermented or alcoholic liquors, 'to assuage the cares of his mind, and to banish uneasy reflections;' thirdly, 'he strives to multiply his enjoyments, intellectual and animal, and, for the time, to exalt them' by the use of narcotics."—p. 1.

"For my own part, I cannot believe that so universal a habit—tending, as is proved, to increase with the increase of populations—has been and is a mere whim or fancy of self-indulging man; but rather is one of those mysterious means by which we are compelled, in spite of ourselves, or with free-will and pleasure, to *subserve the great behests of Providence*. Possibly indeed the detractors of tobacco may have been saved from many a malady by the conjoint indulgence of a world of smokers. *The very strength of the propensity assumes, it seems, considerable importance in the solution of the problem.* Where nature gives a strong tendency, there must be a strong reason in the cause—and still more when she *superadds a pleasure*, like all other pleasures of which we are conscious, but can give no account, after enjoyment, which is the peculiarity of the smoker's pleasure—a point worthy of philosophic consideration."—Steinmetz, pp. 1, 2.

Singular logic, and still more singular moral philosophy. If the prevalence or abundance of the plant prove anything, the same may be said of nettles, thistles, and dandelions—the necessity for our stinging our fingers with the nettles, or pricking them with the thistles and briars might be argued. The "strength of the propensity," too, would prove too much, and justify the gratification of the cravings of every appetite in man. But the singular fallacy in this reasoning lies in the peculiar use of the weed. Mr. Steinmetz might plausibly argue that the simple use of any wholesome vegetable of the field was indicated by its growth; but by what revelation has he discovered that Providence intended that man should take of the leaf of this plant, and dry it, and dress it, and roll it up tight, and light one end of it, and put the other end into his mouth and smoke away? Or where is the providential intimation that it should be prepared in another tight little twist, and be tucked into a corner of the mouth, and be chewed as a quid? Or who taught him to grind into powder and stuff it up his nostrils? Were the tobacco plant nutritious like the potato, or cabbage, or even only pleasant like the lettuce, or the cucumber, providential indication might be discovered; but when I find it applied to such an extraordinary purpose as smoking, I demand some providential indication for its perversion; at least I see no providential indication in its favour.

Another grand argument in support of the cigar or pipe is the charmed effects which it produces on its votaries—its soothing, tranquillizing, balmy influences—a heal-all for the troubled spirit, while it gently excites the sluggish soul. Mr. Steinmetz here draws so graphically as well the primary as the ultimate effects of the

charmed weed, that he shall speak for himself. He thus strangely illustrates the instincts of nature towards the weed :—

“There can be no question that the first attempt at smoking reveals phenomena which plainly show that the herb divine requires her votaries to go through a certain ordeal or trial before admitting them to her favours, if they aspire to the rank of her highest functionaries. The trial scene is peculiarly painful. Each puff the novice draws is a bitter dose attended with sardonic contortions of the mouth and face. He spits abundantly. From time to time he coughs hectically. Perhaps he swears intemperately. Many have stopped at this stage, among the rest the *Great Napoleon*. ‘Away with it ! What an abomination ! Oh the hog ! My stomach turns !’ In fact he felt so annoyed for at least an hour, that he renounced for ever the pleasure of a habit which he said was only fit to amuse sluggards.

“Such then is the first symptom of the poison ; but if the novice continues, his head gets heavy ; and a slight nausea disquiets his epigastrics. At this stage he has effectually taken his dose. He may then throw away his pipe or cigar, without in the least preventing the crisis which must inevitably ensue. His stomach continues to exhibit with increasing intensity the symptoms of considerable derangement, his legs totter and refuse to support him, a cold sweat bathes his thighs and his temples ; he vomits copiously ; and finally he faints—but to come to himself again in due time, as it were out of his *ashes*, like the Phoenix, &c.”

What a happy illustration of Nature’s instinctive love of tobacco !

But having once forced Dame Nature, and accustomed her to this noxious vapour, the subsequent effects are pictured as delicious.

“Blessed be the man that discovered tobacco,” exclaimed J. B. St. John, (quoted by Steinmetz) “what is more useful to mankind, what more beneficial? the virtues are manifold, their name is *Legion*. The Indian, the bone-picker, the philosopher, the historian, the poet, the romancist,” &c., all feel its blessed influence. Dr. Pereira says, “it produces a remarkably soothing and tranquillizing effect on the mind.” “Who so heartless,” says Mr. Johnston, “as to wonder or regret that millions of the world-chafed should flee to tobacco for solace.” This author however confesses, that though a smoker, “he never himself found this soothing effect !” Another witness says, “that the pleasure of the reverie consequent on the indulgence of the pipe consists in a *temporary annihilation of thought* ! People really cease to think when they have been long smoking.” (Johnston’s Chemistry of Life.) The same writer says—

“But extensively as it is consumed, it is remarkable how very few persons can state distinctly the effects which tobacco produces upon them, the kind of pleasure which the daily use of it gives them, why they began, and for what reason they continue the indulgence. If the reader be a consumer of tobacco, let him ask himself these questions, and he will be surprised how little satisfactory the answers he receives will be. In truth, few have thought much on these points—have cared to analyze their sensations when under the narcotic influence of tobacco, or, if they have analyzed them, would care to tell truly what kind of relief it is which they seek in the use of it.”

And speaking of great smokers, it is added—

"Such persons live in an almost constant state of narcotism or narcotic drunkenness, which must ultimately affect the health even of the strongest."

And these are the charmed influences for which we are to pass through that horrible discipline! And these we presume are the "benefits of tobacco as a social modifier," of which Mr. Steinmetz in the conclusion of his pamphlet affirms "that they are on all sides incontestably admitted." And this is all the elysium of tobacco smokers! Let me pause here, for one single moment, and putting irony out of the question, and placing the subject in as fair and honest a manner as possible, I appeal to you as men to whom God has given reason, a gift not lightly to be abused or wasted—I appeal to you as rational beings, as Christians finding consolation and instruction in the Gospel, and ask you whether this description of the balmy effects of tobacco—stupifying and annihilating thought, a sort of indescribable dreamy, moody, half-asleep, half-awake condition, is a remedy, a comfort, and a consolation worthy of an intellectual being, and much more, worthy of a Christian man? It is an insult to the human race to tell them that tobacco is the best remedy for the evils of human life, and that it is a cruel thing to take away the stupifying, intoxicating herb, as if we were taking away a comfort and a blessing, instead of taking away that which is a delusion, which deceives and betrays them, lulls them to sleep in a deceitful slumber, to awake some day to a sense of the lamentable consequences of their folly.

There is yet one argument which I must notice, because it is a very plausible one. It is said that if a perfectly moderate use of this weed be not injurious, and if it be or is supposed to be a great comfort to many and injurious to few, and if it might be medically beneficial in some cases, why not recommend moderation, and not total abstinence from the practice altogether? My answer is, that if they could prove tobacco to be fit for human food—if they could prove it a necessary or even a pleasant and agreeable article of consumption as other vegetables, which though not necessary are good as food, then moderation might be inculcated; but if it be admitted on all hands that tobacco is nothing but a luxury, that there is no nutrition in it, that it is not a disinfectant as was long supposed—if it be only an indulgence, and an indulgence of such a dangerous and suspicious character that very many have fallen and been utterly ruined by it, then I must say that I throw myself into the total abstinence side of the question, and if it is such

a weed as they have described, I say, "Cast it away altogether,—why trifle with it?"

The advocates of smoking claim one-fourth of the human race as on their side—this however leaves three-fourths; a respectable majority against them. No doubt this includes the women and children. Still, such a body of non-smokers have a right to speak and to be heard, and to be allowed to enter their protest against the tobacco nuisance. Is it just, or is it good breeding, that the minority should, for a selfish gratification, have the privilege of puffing their offensive smoke out of their mouths into our faces, or by their constant spitting endanger a nuisance of a worse character, for the spray flies about in all directions? Many persons feel this greatly, though out of courtesy to the smoker they quietly tolerate it. How often does an odious smell of a stale pipe almost turn one sick on entering a first-class railway carriage, where some selfish man has been violating the known rules of the directors, and very commonly tempting their servants to dishonesty by hush-money, contrary to the express orders of their employers.

On the Continent this nuisance is felt one-hundredfold, especially in the covered avenues of Paris and other cities, where the confined fumes and foul smells stagnate and promote every thing that is odious and impure. In steamboats and in public places it is impossible to escape the overwhelming stench of pipes or cigars, and the showers of expectoration which are scattered on every side.

In conclusion, I don't scruple to confess that I sat down to the consideration of this subject strongly prejudiced, personally and socially, against this evil practice; but I rise from the examination of the facts of the case surprised at the magnitude of the abomination to which it gives rise. I cordially throw any influence I possess into the scale of those who are labouring to promote the total abolition of the custom among us, and I earnestly entreat all who think with me to exert their utmost efforts to stay the plague.

Are there here any "inveterate smokers," or, as an advocate of the practice calls them, "contumacious smokers?" Would that calm reflection upon the ills which they may be bringing on themselves might arouse them by a great effort to emancipate themselves from the Tobacco Slavery! Are there here moderate smokers who flatter themselves that they never exceed the most rational bounds of indulgence? Let them ponder the evidence now adduced to prove the insidious and subtle influence of the habit, and may they believe

that their only safety is in total abstinence from the intoxicating weed. Are there "teetotal" smokers here? Let them learn that they have not truly escaped from intoxicating influences until they have laid aside tobacco as well as alcohol. ALL evidence shews that the effect of tobacco is *intoxication* only in a form so mild and gentle that the victim of the habit does not perceive it, or will not be persuaded of it. Is there here a Christian, a pious man, who thinks it not inconsistent with his religious principles to indulge in the fumes of this narcotic poison? Let him honestly and prayerfully consider and weigh well the mass of the foregoing evidence, and see whether for the sake of example, for the good of others if not for his own, he might not do well to deny himself this doubtful indulgence. It would be an insult to him who has the good word of God, and the precious promises, and the comfort of Godliness, to suppose that he, like the men of the world, needs tobacco to help him to support his cares and console his fretted spirit. May not the clergy too, consider whether the idle habit which they contracted at the University, may not be well abandoned in their characters of pastors and examples to the flock? Their people are not likely to respect them the less for abandoning a custom which is, to say the least, unclerical and undignified. Medical men have done something to oppose this practice, so prejudicial to health, and we thank those who have nobly stepped forward amid some ridicule and contempt to bear their honest testimony as practical men; but as a body they might do much more if they neither smoked themselves nor allowed their patients to smoke.

But there is yet a class whose powerful suffrages I have not yet canvassed—a class of society who might do more than all others—I mean our Christian women, and, more especially, the ladies of England. I am constrained in all fidelity to say that I believe that they are more culpable than any other order of society in this matter. Not because they are themselves guilty of indulging in this impure and unbecoming habit! Heaven forbid that I should ever see in England what I have more than once seen in France—a fine and gorgeously arrayed lady, with lavender coloured kid gloves, and a delicate little cigarette between her lips, expectorating in most refined manner into a polished spittoon, and accompanying her male friends in inhaling the fumes of this noxious weed! No, our ladies have not countenanced the custom by example, but they have fostered it, cherished it, promoted it by their too much good

nature, and allowed their husbands, brothers, and sons, and, perhaps, their intended husbands, to enjoy their cigars in their presence, and even in their houses.

How often is it that when a "contumacious smoker" gets into a railway carriage, he bows and leers at a fair fellow-traveller and asks if she has any objection to a cigar? She, all smiles and sensibility, replies, "Oh! dear no—I rather prefer it," and then out comes the heating apparatus, matches, &c., and soon contrary to all law and right principle the carriage is filled with smoke; the lady is amiable but not patriotic. Had she known and felt the evils entailed on the smoker she would have expressed her great reluctance it may be to deprive him of so rational and intellectual an enjoyment, "but that she really thought it a low, vulgar, and mischievous habit, and that she could not consent to endure it." If the ladies will set their faces against it; if especially when asked an interesting question they will propound the simple dogma, "that no smoker need apply," the cigar and the short pipe, and the meerschaum, and the whole machinery of folly and nuisance would soon disappear.

Finally, had I time or space to look at this question nationally, there is abundant evidence to prove that the extreme prevalence or abuse of tobacco in any people is as true an evidence of decay as the fungus on the bark of the forest tree. Very cleverly an advocate asserts that the Spaniards acquired the habit of excessive smoking just in time to make them bear with stoical indifference the gradual decay of intellect, power, intelligence, and influence in the world, which has befallen them; whereas it were easy to prove that their decay went on *pari passu* with the tobacco slavery under which they lie the most abject creatures! So too of the Turks, the Persians, the Chinese, the Burmese, the Hindoos; and we will venture to say that the acknowledged decrease in mental power in Germany itself, during the last thirty years, which has been confessed by some of her greatest men, may be traced to the same cause!

Yes, the American savage has avenged himself on his white faced tyrants! The Spanish, the Portuguese, the French, the English, and above all the white Americans have ravaged the Indian's lands, burnt his humble dwellings, robbed him of his ancient rights, and driven the wretched remnant before them into more distant wilds; but like the flying Parthian, or like those creatures which are armed with a poisonous fluid which they emit upon their pursuers, the American

savage has taught the white men the use of his noxious weed, and the slow and subtle poison will work his deadly hate on the white man, wasting his strength, unnerving his arm, stunting his growth, in a word, crippling the powers of the Western world ! Oh that the conquerors of America could conquer themselves, and reject with abhorrence the wild Indian's comforter,—a benefit, a necessity it might be to a naked, wandering, homeless Red Indian, but altogether unworthy of civilized man, of man "sitting and clothed and in his right mind."

18

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